



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35181, Steelhead trout, boiled, canned (Alaska Native)

Report Date: July 16, 2017 06:37 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water ¹ | g | 70.59 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Energy | kcal | 159 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Energy | kJ | 664 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Protein ¹ | g | 21.11 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Total lipid (fat) ¹ | g | 8.26 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Ash ¹ | g | 1.24 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Carbohydrate, by difference | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Fiber, total dietary | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Sugars, total | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Sucrose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Glucose (dextrose) | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Fructose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |

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|----------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Lactose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Maltose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Galactose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Starch | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca ¹ | mg | 30 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Iron, Fe ¹ | mg | 0.64 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Magnesium, Mg ¹ | mg | 25 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Phosphorus, P ¹ | mg | 249 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Potassium, K ¹ | mg | 365 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Sodium, Na ¹ | mg | 118 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Zinc, Zn ¹ | mg | 0.57 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Copper, Cu ¹ | mg | 0.058 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |

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|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Manganese, Mn ¹ | mg | 0.011 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Selenium, Se ¹ | µg | 26.0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Vitamin B-12 ¹ | µg | 5.79 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Vitamin A, RAE | µg | 20 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2006 |
| Retinol | µg | 20 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2006 |
| Carotene, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Vitamin A, IU | IU | 65 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2006 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Vitamin E (alpha-tocopherol) ¹ | mg | 2.15 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |

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|--|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Tocopherol, beta ¹ | mg | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Tocopherol, gamma ¹ | mg | 0.01 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Tocopherol, delta ¹ | mg | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Vitamin D (D2 + D3) | µg | 15.1 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2009 |
| Vitamin D ¹ | IU | 604 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Vitamin K (phylloquinone) ¹ | µg | 0.0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.530 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| 8:0 ¹ | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 10:0 ¹ | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 12:0 ¹ | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |

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| 14:0 1 | g | 0.358 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 15:0 1 | g | 0.019 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 16:0 1 | g | 0.921 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 17:0 1 | g | 0.011 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 18:0 1 | g | 0.209 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 20:0 1 | g | 0.012 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 22:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 24:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Fatty acids, total monounsaturated | g | 2.223 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| 14:1 1 | g | 0.007 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |

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| 15:1 ¹ | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 16:1 undifferentiated ¹ | g | 0.492 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 17:1 ¹ | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 18:1 undifferentiated ¹ | g | 1.496 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 20:1 ¹ | g | 0.228 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 22:1 undifferentiated ¹ | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 22:1 c ¹ | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Fatty acids, total polyunsaturated | g | 1.225 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| 18:2 undifferentiated ¹ | g | 0.077 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 18:3 undifferentiated ¹ | g | 0.051 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |

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| 18:3 n-3 c,c,c (ALA) ¹ | g | 0.051 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 18:3 n-6 c,c,c ¹ | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 20:2 n-6 c,c ¹ | g | 0.014 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 20:3 undifferentiated ¹ | g | 0.007 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 20:4 undifferentiated ¹ | g | 0.030 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 20:5 n-3 (EPA) ¹ | g | 0.376 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 22:5 n-3 (DPA) ¹ | g | 0.130 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 22:6 n-3 (DHA) ¹ | g | 0.540 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Cholesterol ¹ | mg | 59 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD